

Munson and

23 to 127 N. Main Street.

no liberal buying of sum-  
goods as shown by our  
taking compels us to  
loss and close them.  
rt lengths and rem-  
ts of fine goods must go.

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received  
ers celebrated fancy  
e, at 5 cents,  
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THE REST CURE.

be any numerous compound. What body could withstand the drugs used by the poor sick creatures that fill our land? It would sicken a well person, surely it would not reclaim the sick. A well one should have the most favorable surroundings, perfect rest for body, and nerves, keep quiet and take plenty of sleep, and stop eating for one or even three days, and you will be surprised to see how quickly kind nature comes to your relief. One may learn

to movements of a cat. When India comes from whatever cause you cannot pass with the freshest new milk, she finds a quiet, clean, warm place, herself up and gently sleeps it off. We do not sleep well, we do not live. People have many theories about it. Many who ought to know better, have a hearty meal before going to bed, and think the process of digestion should go on all under way before retiring. Quiet exercise, such as a slow walk

ill an hour's drive, condones wonder to refreshing sleep. Late suppers, usually of highly seasoned foods, are dangerous experiments, and bring condition of unrest interspersed with dreams and nightmare that is only remote from apoplexy. Of course, if one is very hungry and not by overwork or muscular exertion, a hearty healthful meal and even a full one may be digested and not materially interfere with sleep; but as a rule three to

sleeping. By observing this plan a  
l, refreshing night is passed, and  
puts up with a feeling of vigorous, re-  
ated strength, and a sharp, appe-  
er appetite for breakfast that gives  
gth and vitality of the best sort for  
ctivities of the day.

**This day of fast living and hurry of  
ness our nerves give out. We go to  
doctor for a remedy. He gives us  
ants; for if he gives anything it is a  
ulant. "The nerves need strength**

something, nothing and useful; but as one looks over the storehouse of his deeds not find anything that will produce the desired effect. It is not there. He remembers, however, that once in the temple, but the relief gained is at the expense of one's vitality. As you will turn to kind nature and obey her simple laws, how quickly the nerves will be quieted. Absolute rest is few understand in what that consists. They keep quiet they think they must

...they were seeking as a remedy. A stomach-ache can never give strength to nerves, but give that organ length in its rest between meals, give it time to drive the overloaded wine and carry the effort matter that has clogged the brain, and the terrible nervous system to a sensation we are in each dread of soon disappears. — St. Louis Magazine.

Druckland, the geologist, had a wife found time to assist him with her pen are not much his former art, familiarity of the drawings and illustrations of works, besides educating others in the same way.

# Peculiar

## To Itself

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